

# BREASTFEEDING

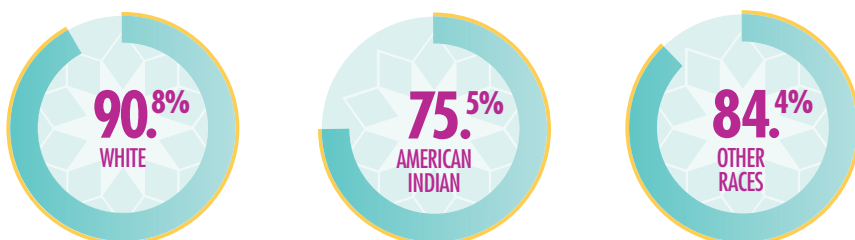
## in south dakota\*

### WHO IS MORE LIKELY TO breastfeed?



- + Older mothers
- + More educated mothers
- + Married mothers
- + Mothers with household incomes greater than \$25,000/year

### PERCENT OF MOTHERS who have ever breastfed BY RACE



### TOP 3 REASONS for stopping breastfeeding BY RACE

#### WHITE

1. Thought they were not producing enough milk
2. Breast milk alone did not satisfy the baby
3. Baby had difficulty latching or nursing

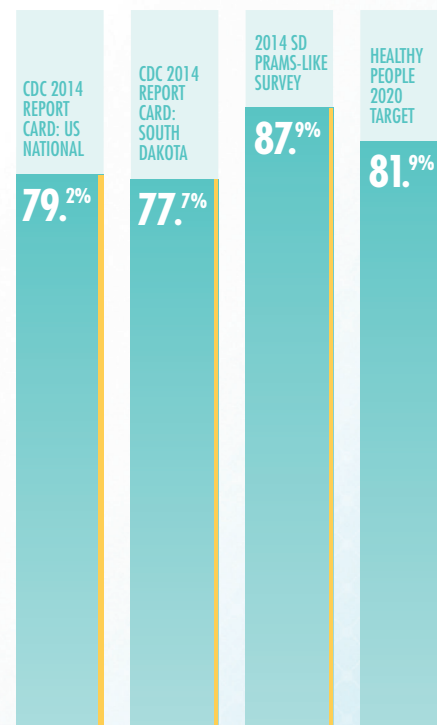
#### AMERICAN INDIAN

1. Thought they were not producing enough milk
2. Baby had difficulty latching or nursing
3. Nipples were sore, cracked or bleeding

#### OTHER RACES

1. Thought they were not producing enough milk
2. Baby had difficulty latching or nursing
3. Breast milk alone did not satisfy the baby

### Percentage of ALL mothers who have EVER breastfed



\* Data from the 2014 South Dakota PRAMS-like Survey. For full report: [doh.sd.gov/documents/statistics/2014-SD-PRAMS.pdf](http://doh.sd.gov/documents/statistics/2014-SD-PRAMS.pdf)

# what can we DO?



## Breastfeeding strategies:



- 1 Ensure that maternity care practices across South Dakota are fully supportive of breastfeeding
- 2 Provide education and training in breastfeeding for all health professionals who care for women and infants
- 3 Educate women prenatally, about breastmilk production and supply as well as infant cues of hunger and satiety
- 4 Offer breastfeeding support in the form of Certified Lactation Consultants, peer counseling and breastfeeding support groups
- 5 Encourage community participation in the Breastfeeding-Friendly Business Initiative ([healthysd.gov/breastfeeding](http://healthysd.gov/breastfeeding))

## Learn more:

[sdwic.org](http://sdwic.org)

[healthysd.gov](http://healthysd.gov)

[forbabysakesd.com](http://forbabysakesd.com)